

In The Name Of God

Title: The comparison of depression and anxiety among sterilized women and nonsterilized group referring to Health Centers of Tabriz, 1383.

Abstract

Introduction: One of the issues which has recently drawn the attention of the experts in the international conferences is the issue of overpopulation. The medical society has offered some effective methods to solve this problem that one method is the sterilizing of women. However, some women who choose this method may suffer a neurotic syndrome which is realized in the form of pain, depression and loss of libido. Fertility has an important symbolic meaning for women and is closely related with their body image and self-concept, Thus, the symptoms due to unfecundability in women must be seriously investigated.

Methods & Materials: The study design is descriptive-comparative in which 150 sterilized women during 1-10 years ago and 150 nonsterilized women were selected through random sampling. Data collection was done by using zung's self-rating depression & anxiety scale as well as questions about demographic characteristics and poststerilization regret. Data were collected from the subjects and analyzed by spss₁₁ statistics soft ware.

Results: The comparison of means for depression in two groups don't show significantly difference, but the mean of anxiety in the case group including sterilized women was significantly more than the control group ($p = 0.03$). Poststerilization regret rate was 6% which had significantly relation with women's conflict with their husbands concerning decision making before sterilization($p < 0.001$).

Conclusion: The results of this research as well as personality and adaptability differences in contract with changes revealed that presterilization counseling and poststerilization follow up system have an important role in women's psychological health promotion.

Key words: Depression, Anxiety, Regret, Sterilization